

Succotash

Makes: 50 servings

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Ingredients	Weight	Measure
Lima beans, baby or fordhook, frozen	5 lb	3 qt 1 5/8 cup
Corn, whole-kernel, frozen	5 lb	1 qt 1 3/4 cup
Onion, chopped	8 oz	
Thyme		2 Tbsp
Black pepper		1 tsp
Salt		1 tsp
Vegetable stock	8 oz	

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	88	
Total Fat	0.7 g	
Protein	4.8 g	
Carbohydrates	16.9 g	
Dietary Fiber	6 g	
Saturated Fat	NA	
Sodium	62 mg	

Directions

1. Place thawed beans, corn, and onions in a steam table pan. Add seasonings.
2. Sprinkle with vegetable stock. Cover tightly.
3. Bake in a 350 degree F oven for 10 minutes.

Notes

Serving Tips:
CCP: Hold for hot service at 135 degrees or higher.